

ANATOMY OF THE BICEPS

Follow  @healthbykilo

SHORT HEAD

Best worked with arms in front of the body.

LONG HEAD

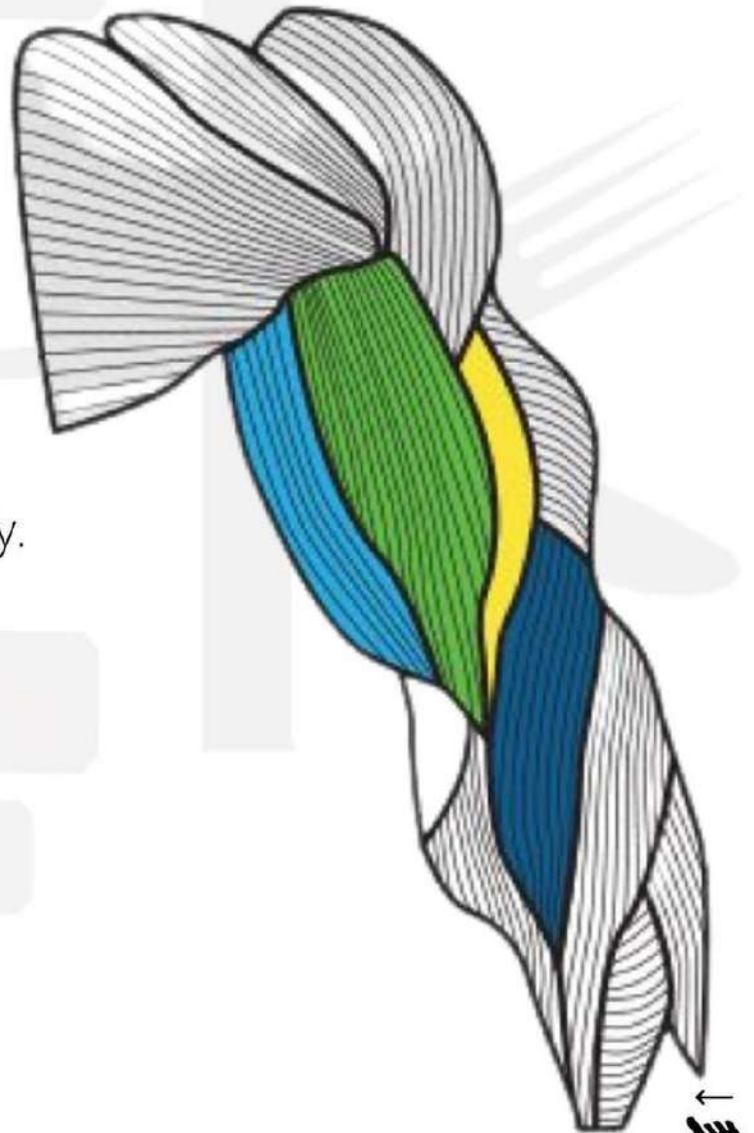
Best worked with arms behind the plane of the body.

BRACHIALIS

Best worked with arms in neutral position.

BRACHIORADIALIS

Best worked with arms in overhand position.



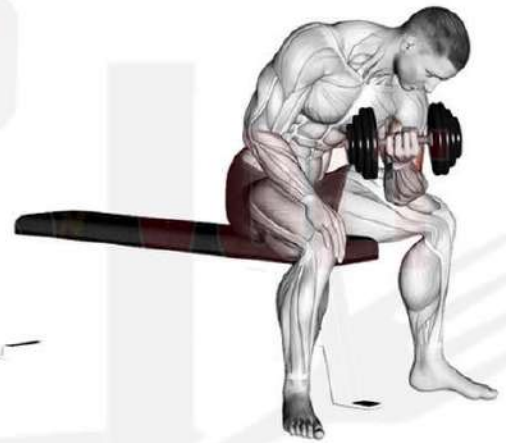
SAVE FOR
LATER

LIKE | COMMENT | SHARE

SHORT HEAD



Wide Grip Ez-Bar Curls



Dumbbell Concentration Curls



Dumbbell Preacher Curls



Machine Preacher Curls



LONG HEAD



**Incline
Dumbbell Curls**



**Close Grip
Barbell Curls**



**Close Grip Ez-
Bar Curls**



**Double Handed
Dumbbell Preacher Curls**



BRACHIALIS



**Incline Dumbbell
Hammer Curls**



Plate Curls



**Hexbar
Hammer Curls**



**Cross Body
Hammer Curls**



BRACHIORADIALIS



**REVERSE BARBELL
CURLS**



**REVERSE DUMBBELL
CURLS**



**REVERSE DUMBBELL
CONCENTRATION CURLS**



**REVERSE CABLE
CURLS**

